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[American Book Publishing Record 1982-04](#)

Wellbeing, Recovery and Mental Health Mike Slade 2017-02-01 This book brings together two bodies of knowledge - wellbeing and recovery. Wellbeing and 'positive' approaches are increasingly influencing many areas of society. Recovery in mental illness has a growing empirical evidence base. For the first time, overlaps and cross-fertilisation opportunities between the two bodies of knowledge are identified. International experts present innovations taking place within the mental health system, which include wellbeing-informed new therapies, e-health approaches and peer-led recovery communities. State-of-the-art applications of wellbeing to the wider community are also described, across education, employment, parenting and city planning. This book will be of interest to anyone connected with the mental health system, especially people using and working in services, and clinical and administrators leaders, and those interested in using research from the mental health system in the wider community.

The Cambridge History of the Book in Britain: Volume 7, The Twentieth Century and Beyond Andrew Nash 2021-03-18 The Cambridge History of the Book in Britain is an authoritative series which surveys the history of publishing, bookselling, authorship and reading in Britain. This seventh and final volume surveys the twentieth and twenty-first centuries from a range of perspectives in order to create a comprehensive guide, from growing professionalisation at the beginning of the twentieth century, to the impact of digital technologies at the end. Its multi-authored focus on the material book and its manufacture broadens to a study of the book's authorship and readership, and its production and dissemination via publishing and bookselling. It examines in detail key market sectors over the course of the period, and concludes with a series of essays concentrating on aspects of book history: the book in wartime; class, democracy and value; books and other media; intellectual property and copyright; and imperialism and post-imperialism.

The Root of Chinese Qigong Jwing-Ming Yang 2022-09-06 Long considered a classic text by teachers and students, The Root of Chinese Qigong offers the principles and theories of

qigong practice. This third edition includes Updated pinyin that includes diacritical tonal marks (for proper pronunciation of Chinese words). Updated Chinese text character font (providing better readability). Dr. Yang is acclaimed for helping readers understand qigong concepts deeper and more clearly by expressing them in familiar methods for the Western mind. He takes these ancient concepts and presents them in a logical way that helps practitioners stay on the right path to deepen knowledge and skill. In this book Dr. Yang teaches sitting and standing meditation, demonstrates qi massage techniques, and examines the Qi pathways in your body. He explains correct breathing methods, shares secrets for quieting the mind, and discusses how to increase your body's qi supply. He further explains important concepts such as the Three Treasures and regulating the body, breath, and mind. Contents include Qigong's history Basic concepts of qigong Qi and the human body The five categories of qigong Regulating body, breath and mind Regulating your essence, qi and spirit Key points for improving practice A detailed look at qi channels and vessels in the body Whatever style of qigong you may practice, making sense of qigong theory and principles is the best way of achieving your goals sooner, more accurately, and deeper.

Physiology in Childbearing Dorothy Stables 2010-04-19 This ISBN is now out of print. A new edition with e-book is available under ISBN 9780702044762. The third edition of this popular textbook gives a clear, easy-to-read account of anatomy and physiology at all stages of pregnancy and childbirth. Each chapter covers normal physiology, changes to the physiology in pregnancy, and application to practice. The physiology of childbearing is placed within a total biological context, drawing on evolution, ecology, biochemistry and cell biology. Follows childbearing from preconception to postnatal care and the neonate Logical progression through the body systems Highly illustrated, with simple diagrams Emphasises links between knowledge and practice to promote clinical skills Main points summarised to aid study. Website: 10 multiple-choice questions per chapter for self-testing Downloadable illustrations, with and without labels Fully searchable.

Nurse's Pocket Guide Marilyn E. Doenges 2004 Contains a Nurse's Pocket Minder, which lists nursing diagnoses through the latest NANDA Conference. Make sure your students use the best pocket guide to plan patient care! This handy pocket guide helps nursing students identify interventions most commonly associated with nursing diagnoses when caring for patients. It's the perfect resource for hospital and community-based settings.

Warning Miracle

Between Heaven and Earth Harriet Beinfield 2013-12-18 "Comprehensive, encyclopedic, and lucid, this book is a must for all practitioners of the healing arts who want to broaden their understanding. Readers interested in the role of herbs and foods in healing will also find much to learn here, as I have. . . . A fine work."—Annemarie Colbin, author of *Food and Healing* The promise and mystery of Chinese medicine has intrigued and fascinated Westerners ever since the "Bamboo Curtain" was lifted in the early 1970s. Now, in *Between Heaven and Earth*, two of the foremost American educators and healers in the Chinese medical profession demystify this centuries-old approach to health. Harriet Beinfield and Efram Korngold, pioneers in the practice of acupuncture and herbal medicine in the United States for over eighteen years, explain the philosophy behind Chinese medicine, how it works and what it can do. Combining Eastern traditions with Western sensibilities in a unique blend

that is relevant today, *Between Heaven and Earth* addresses three vital areas of Chinese medicine—theory, therapy, and types—to present a comprehensive, yet understandable guide to this ancient system. Whether you are a patient with an aggravating complaint or a curious intellectual seeker, *Between Heaven and Earth* opens the door to a vast storehouse of knowledge that bridges the gap between mind and body, theory and practice, professional and self-care, East and West. “Groundbreaking . . . Here at last is a complete and readable guide to Chinese medicine.”—San Francisco Chronicle

What Can I Write About? David Powell 1981 Provides ideas for a wide variety of essays, stories, research papers, and other compositions on most any subject, including literature, medicine, science, and politics

The Power of Now Eckhart Tolle 2010-10-06 To make the journey into the Now we will need to leave our analytical mind and its false created self, the ego, behind. From the very first page of Eckhart Tolle's extraordinary book, we move rapidly into a significantly higher altitude where we breathe a lighter air. We become connected to the indestructible essence of our Being, “The eternal, ever present One Life beyond the myriad forms of life that are subject to birth and death.” Although the journey is challenging, Eckhart Tolle uses simple language and an easy question and answer format to guide us. A word of mouth phenomenon since its first publication, *The Power of Now* is one of those rare books with the power to create an experience in readers, one that can radically change their lives for the better.

Small Press Record of Books in Print 1994

Dismantling the Fantasy Darryl Bailey 2010-04-30 If you move into the deepest teachings of any great spiritual tradition, at some point you must move beyond the tradition itself and any idea of enlightenment. What is it that remains when the spiritual path, and even enlightenment, is transcended? *Dismantling the Fantasy* is a consideration of the movement out of thought itself. This may sound extreme or even impossible, but again it is a simple consideration of your potential as a human being, and you can easily understand it from the life experience you already have.

Pregnancy Day By Day Maggie Blott 2009-08-17 The complete guide to pregnancy, day-by-day No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early fetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. A special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

Compelling Conversations Eric H. Roth 2011-03-01 This English as a Foreign Language (EFL) textbook includes thematic chapters to create quality conversations and uses conversation starters, interview questions, classic quotations, paraphrasing exercises, and traditional proverbs to create hours of English conversation and class discussions for native Vietnamese speakers.

Treasury of the True Dharma Eye Kazuaki Tanahashi 2013-05-14 Treasury of the True Dharma Eye (Shobo Genzo, in Japanese) is a monumental work, considered to be one of the profoundest expressions of Zen wisdom ever put on paper, and also the most outstanding literary and philosophical work of Japan. It is a collection of essays by Eihei Dogen (1200-1253), founder of Zen's Soto school. Kazuaki Tanahashi and a team of translators that represent a Who's Who of American Zen have produced a translation of the great work that combines accuracy with a deep understanding of Dogen's voice and literary gifts. This eBook includes a wealth of materials to aid understanding, including maps, lineage charts, a bibliography, and an exhaustive glossary of names and terms—and, as a bonus, the most renowned of all Dogen's essays, "Recommending Zazen to All People."

Families Caring for an Aging America National Academies of Sciences, Engineering, and Medicine 2016-11-08 Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults.

Qigong Secret of Youth Jwing-Ming Yang 2022-10-04 For over one thousand years, Bodhidharma's (Da Mo) timeless qigong classics have been considered the key to enlightenment and long-lasting youth. This third edition includes Updated pinyin that includes diacritical tonal marks (for proper pronunciation of Chinese words). Updated Chinese text character font (providing better readability). Dr. Yang, Jwing-Ming, acclaimed for helping readers better understand qigong concepts, has translated and written commentaries for both the Yi Jin Jing (Muscle/Tendon Changing Classic) and the Xi Sui Jing (Marrow/Brain Washing Classic). Using ancient Buddhist and Taoist documents as its foundation, this book analyzes and discusses theory and training methods in a modern, scientific manner, and presents safe ways for you to begin your own practice. Contents include General introduction qigong and practice Historical survey of Da Mo and his influence on qigong Buddhist and Daoist qigong Adjusting qi with kan and li Training theory of Muscle Tendon Changing Training theory of Marrow Brain Washing Whatever style of these classics you may practice, making sense of qigong theory and principles is the best way of achieving your goals sooner, more accurately, and deeper.

Qigong Meditation Jwing-Ming Yang 2003 This book presents the foundation theoretical theory for the two most popular methods of meditation, Small Circulation and Grand Circulation.

Muse & Drudge Harryette Romell Mullen 1995

Pole Dancing, Empowerment and Embodiment S. Holland 2010-03-10 This book provides an international, multi-disciplinary empirical account of pole classes and how they fit into wider

discourses about bodies and gender, and age and fitness. In particular, the book explores how women initiate agency and espouse liberation and empowerment through something as seemingly problematic as pole classes.

Meridian Exercise For Self-Healing Ilchi Lee 2011-06 This full-color, user-friendly book features simple meridian exercises that combine breathing, movement, stretching, and focused attention to improve overall balance and flexibility. The book identifies specific meridian exercises to alleviate common ailments, including headaches, colds, and the flu, as well as more serious conditions, such as high blood pressure, diabetes, and thyroid disorders. Meridian exercise is a technique developed and perfected over the course of thousands of years in the Asian healing arts traditions. This book includes the following features: * Low-impact, time-efficient exercises * that relieve stress, restore physical health, and rebalance the mind * Step-by-step instructions with accompanying photos for dozens of exercises specifically designed for common symptoms * Breathing and relaxation techniques to awaken innate healing power and

Essentials of Nursing Leadership and Management Ruth M. Tappen 2004-01 This new edition focuses on preparing your students to assume the role as a significant member of the health-care team and manager of care, and is designed to help your students transition to professional nursing practice. Developed as a user-friendly text, the content and style makes it a great tool for your students in or out of the classroom. (Midwest).

No Logo Naomi Klein 2000-01-15 An analysis of the invasion of our personal lives by logo-promoting, powerful corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

Yoga Traveling Beatrix Hauser 2013-06-22 This book focuses on yoga's transcultural dissemination in the twentieth and twenty-first centuries. In the course of this process, the term "yoga" has been associated with various distinctive blends of mental and physical exercises performed in order to achieve some sort of improvement, whether understood in terms of esotericism, fitness, self-actualization, body aesthetics, or health care. The essays in this volume explore some of the turning points in yoga's historico-spatial evolution and their relevance to its current appeal. The authors focus on central motivations, sites, and agents in the spread of posture-based yoga as well as on its successive (re-)interpretation and diversification, addressing questions such as: Why has yoga taken its various forms? How do time and place influence its meanings, social roles, and associated experiences? How does the transfer into new settings affect the ways in which yogic practice has been conceptualized as a system, and on what basis is it still identified as (Indian) yoga? The initial section of the volume concentrates on the re-evaluation of yoga in Indian and Western settings in the first half of the twentieth century. The following chapters link global discourses to particular local settings and explore meaning production at the micro-social level, taking Germany as the focal site. The final part of the book focuses on yoga advertising and consumption across national, social, and discursive boundaries, taking a closer look at transnational and deterritorialized yoga markets, as well as at various classes of mobile yoga practitioners.

Multiple Sclerosis Paul O'Connor 2005 Practical health guide to multiple sclerosis for both patients and their families, including advice on diagnosis, treatment options and symptoms.

Finding Flow Mihaly Csikszentmihalyi 2020-03-03 From one of the pioneers of the scientific study of happiness, an indispensable guide to living your best life. What makes a good life? Is it money? An important job? Leisure time? Mihaly Csikszentmihalyi believes our obsessive focus on such measures has led us astray. Work fills our days with anxiety and pressure, so that during our free time, we tend to live in boredom, watching TV or absorbed by our phones. What are we missing? To answer this question, Csikszentmihalyi studied thousands of people, and he found the key. People are happiest when they challenge themselves with tasks that demand a high degree of skill and commitment, and which are undertaken for their own sake. Instead of watching television, play the piano. Take a routine chore and figure out how to do it better, faster, more efficiently. In short, learn the hidden power of complete engagement, a psychological state the author calls flow. Though they appear simple, the lessons in Finding Flow are life-changing.

The Impostor Damon Galgut 2009-02-24 A gripping tale of guilty secrets, betrayal, and racial tension, of isolation and revenge in modern-day South Africa, from the Booker Prize—shortlisted author of The Good Doctor. When Adam moves into the abandoned house on the dusty edge of town, he is hoping to recover from the loss of his job and his home in the city. But when he meets Canning — a shadowy figure from his childhood — and Canning’s enigmatic and beautiful wife, a sinister new chapter in his life begins. Canning has inherited a vast fortune and a giant folly in the veld, a magical place of fantasy and dreams that seduces Adam and transforms him absolutely, violently — and perhaps forever. The Impostor evokes a hot and cruel and claustrophobic world, in which sex and death are never far from the surface. Skilfully interweaving the story of one man’s struggle to regain his moral centre with the disorienting, often tragic effects of massive social and political change, it is Galgut’s most powerful and unforgettable novel yet.

Taiji Yangsheng Zhang Chinese Health Qigong Association 2014-01-21 A set of exciting and unusual Taiji Stick qigong exercises is presented in this accessible introduction. Embodying the concepts of taiji, the movements emphasise the harmony of yin and yang, man and nature. Appropriate for all levels of experience and for all age groups, this new set of easy-to-learn exercises distils the essence of traditional stick practice, guides body movements and the movement of the stick, and coordinates directed breathing and imagination. The book provides step-by-step, fully-illustrated instruction, and includes an account of the origins of the movements and guidance for practice. Also included are helpful learning tips for each movement, and details of the health benefits. Downloadable online content features a video demonstrating the form and additional information on its history and origins, and provides options for verbal instructions to lead the practitioner through the exercises, or music to accompany them. The book is an authoritative resource that will help students and practitioners of taiji, qigong, martial arts and Chinese medicine perfect and deepen their practice. It is also an excellent practical introduction for anyone with an interest in the ancient health and martial practices of China.

Acupressure's Potent Points Michael Reed Gach, PhD 2011-11-09 With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In Acupressure's Potent Points, Michael Reed Gach, founder and director of the Acupressure

Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

The Wisdom of the Enneagram Don Richard Riso 1999 A groundbreaking guide centering around the Enneagram the most popular system for personality typing presents a vast array of insight for determining personality types, from recognizing each type's WakeUp Call and Red Flag to letting go of selfdefeating habits and reactions. Original.

Religious Books and Serials in Print 1978-1979 R.R. Bowker Company. Department of Bibliography 1978-11

Temporarily Yours Elizabeth Bernstein 2010-06-08 Generations of social thinkers have assumed that access to legitimate paid employment and a decline in the 'double standard' would eliminate the reasons behind women's participation in prostitution. Yet in both the developing world and in postindustrial cities of the West, sexual commerce has continued to flourish, diversifying along technological, spatial, and social lines. In this deeply engaging and theoretically provocative study, Elizabeth Bernstein examines the social features that undergird the expansion and diversification of commercialized sex, demonstrating the ways that postindustrial economic and cultural formations have spawned rapid and unforeseen changes in the forms, meanings, and spatial organization of sexual labor. Drawing upon dynamic and innovative research with sex workers, their clients, and state actors, Bernstein argues that in cities such as San Francisco, Stockholm, and Amstersdam, the nature of what is purchased in commercial sexual encounters is also new. Rather than the expedient exchange of cash for sexual relations, what sex workers are increasingly paid to offer their clients is an erotic experience premised upon the performance of authentic interpersonal connection. As such, contemporary sex markets are emblematic of a cultural moment in which the boundaries between intimacy and commerce—and between public life and private—have been radically redrawn. Not simply a compelling exploration of the changing landscape of sex-work, *Temporarily Yours* ultimately lays bare the intimate intersections of political economy, desire, and culture.

The Qigong Bible Katherine Allen 2017-05-02 This is the ultimate guide to practicing Qigong and finding a mental and physical balance in life, encouraging readers of all levels to make Qigong a part of their everyday routine. The ancient art of Qigong, the 'seed of martial arts', not only allows you to maintain your health but also heals the bodies and calms the minds of those who practice it. Beautifully presented and fully illustrated with 300 postures from the main schools of Qigong, illustrated in step-by-step sequence, *The Qigong Bible* includes expert tips on how to practice Qigong for health, spiritual development and martial prowess. This is the definitive guide to energy cultivation exercise.

T'ai Chi Ch'uan Ron Sieh 1992 *T'ai Chi Ch'uan: The Internal Tradition* is a clear and insightful approach to T'ai Chi, weaving mindfulness and body presence through stages of training and development of technique. Sieh's inquiry into the "fighting" aspect makes the emphasis on

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the internal or feeling style a powerful tool for bringing more integrity and clarity into our lives.

Compelling American Conversations Eric Hermann Roth 2012-06-10 *Compelling American Conversations: Questions and Quotations for Intermediate American English Language Learners* from Chimayo Press helps American immigrants and international students develop their fluency skills and academic vocabulary through conversation exercises. Each chapter includes two sets of conversation questions, vocabulary review, short writing exercises, paraphrasing exercises with proverbs, a discussion activity around pithy quotations, and an online "Search and Share" activity. Focusing on both daily experiences and American culture through proverbs, quotations, and speaking exercises, the materials help intermediate English language learners explore their lives, learn common American sayings and expressions, and develop vital discussion skills. The 15 topical chapters include: Opening Moves; Going Beyond Hello; Making and Breaking Habits; Studying English; Being Yourself; Choosing and Keeping Friends; Playing and Watching Sports; Talking About American Television; Celebrating American Holidays; Being Stylish; Handling Stress; Practicing Job Interviews; Valuing Money and Finding Bargains; Exploring American Cities and Seeing Our World With Photographs. The "Resources and Notes" appendix includes the academic word list, supplemental worksheets, bibliographical references, author biographies and indices to proverbs and quotations. Designed primarily for community college ESL and adult education students, this flexible ESL textbook can be used by high school English language learners (ELL) and intensive English programs. *Compelling American Conversations*, is the third title in the *Compelling Conversations* series, most known for the original fluency-focused advanced ESL textbook, *Compelling Conversations: Questions and Quotations on Timeless Topics* (2006).

[Fight Like a Girl](#) Megan Seely 2007-01-15 View the Author's website! Seely, the youngest elected president of California's chapter of the National Organization for Women, combines her own story of third-wave feminism with an overview of the feminist movement and words to guide others. Third-wave feminists are aware of both the victories won by earlier feminists and the problems of class, race, sexual orientation, and internationalism that must still be overcome. This book weaves a deep respect for the foremothers with commonsense discussion of current obstacles and suggestions for direct action, resulting in a work that reminds us of what too many activists forget—every progressive movement has a long history, few organizing tricks are new, and problems must be understood before they can be solved. Seely includes booklists, time lines, web sites, and how-to tips that will help readers over the bridge from her insights to real world activism. For midsize to larger public libraries, academic libraries, and all feminist collections. —Library Journal "Want to know what it means to be a feminist of the third wave? Megan Seely's *Fight Like a Girl* is the answer; there's enough information here to make you angry and enough resources to make you an effective activist. —Jennifer Baumgardner and Amy Richards, co-authors of *Manifesta: Young Women, Feminism and the Future* "Always engaging, interesting, and insightful. Fascinating and sure to engage many young women!" —Sherrie A. Inness, editor of *Action Chicks* "The resources, helpful hints about organizing and working with the press, the short bios of companies and fabulous feminists are great!" —Caryn Aviv, co-editor of *American Queer, Then and Now* *Fight Like a Girl* is packed with both information and inspiration for young women by a young woman who knows her stuff. It's a terrific practical feminist resource book with an optimistic attitude that says in clear language, "You're in charge of your life and

here's how to stay that way". —Gloria Feldt, former president, Planned Parenthood Federation of America and author of *The War on Choice: The Right-Wing Attack on Women's Rights and How to Fight Back* *Fight Like a Girl* offers a fearless vision for the future of feminism. By boldly detailing what is at stake for women and girls today, Megan Seely outlines the necessary steps to achieve true political, social and economic equity for all. Reclaiming feminism for a new generation, *Fight Like a Girl* speaks to young women who embrace feminism in substance but not necessarily in name. With an eye toward what it takes to create actual change, Seely offers a practical guide for how to get involved, take action and wage successful events and campaigns. The book is full of valuable resources for novice and committed activists alike, including such features as "How to Write a Press Release," "Guidelines to a Good Media Interview," "A Feminist Shopping Guide," and a list of over 100 Fabulous Feminist Resources, including organizations, websites, and events to attend. Each chapter is full of ideas, both big and small, for ways to get involved, get active, and make a difference. Exploring such issues as body image and self-acceptance, education and empowerment, health and sexuality, political representation, economic justice, and violence against women, *Fight Like a Girl* looks at the challenges that women and girls face while emphasizing the strength that they independently, and collectively, embody. Seely delves into the politics of the feminist movement, exploring both women's history and current-day realities with easy-to-follow lists and timelines like those on "Women Who Made a Difference," "Chronology of the U.S. Women's Movement," and "Do's and Don'ts for Young Feminists." A Third Wave manifesto as well as an introduction to feminism for a new generation, *Fight Like A Girl* is a powerful blueprint for young women today.

The Agitators Dorothy Wickenden 2021-03-30 An LA Times Best Book of the Year
"Engrossing... examines the major events of the mid 19th century through the lives of three key figures in the abolitionist and women's rights movements." —Smithsonian From the executive editor of *The New Yorker*, a riveting, provocative, and revelatory history of abolition and women's rights, told through the story of three women—Harriet Tubman, Frances Seward, and Martha Wright—in the years before, during and after the Civil War. "The Agitators tells the story of America before the Civil War through the lives of three women who advocated for the abolition of slavery and for women's rights as the country split apart. Harriet Tubman, Martha Coffin Wright, and Frances A. Seward are the examples we need right now—another time of divisiveness and dissension over our nation's purpose 'to form a more perfect union.'" —Hillary Rodham Clinton In the 1850s, Harriet Tubman, strategically brilliant and uncannily prescient, rescued some seventy enslaved people from Maryland's Eastern Shore and shepherded them north along the underground railroad. One of her regular stops was Auburn, New York, where she entrusted passengers to Martha Coffin Wright, a Quaker mother of seven, and Frances A. Seward, the wife of William H. Seward, who served over the years as governor, senator, and secretary of state under Abraham Lincoln. During the Civil War, Tubman worked for the Union Army in South Carolina as a nurse and spy, and took part in a spectacular river raid in which she helped to liberate 750 slaves from several rice plantations. Wright, a "dangerous woman" in the eyes of her neighbors, worked side by side with Elizabeth Cady Stanton and Susan B. Anthony to organize women's rights and anti-slavery conventions across New York State, braving hecklers and mobs when she spoke. Frances Seward, the most conventional of the three friends, hid her radicalism in public, while privately acting as a political adviser to her husband, pressing him to persuade President Lincoln to move immediately on emancipation. *The Agitators* opens in the 1820s, when Tubman is enslaved and Wright and Seward are

young homemakers bound by law and tradition, and ends after the war. Many of the most prominent figures of the era—Lincoln, William H. Seward, Frederick Douglass, Daniel Webster, Charles Sumner, John Brown, William Lloyd Garrison—are seen through the discerning eyes of the protagonists. So are the most explosive political debates: about the civil rights of African Americans and women, about the enlistment of Black troops, and about opposing interpretations of the Constitution. Through richly detailed letters from the time and exhaustive research, Wickenden traces the second American revolution these women fought to bring about, the toll it took on their families, and its lasting effects on the country. Riveting and profoundly relevant to our own time, *The Agitators* brings a vibrant, original voice to this transformative period in our history.

Chi Kung Yves Réquena 1996-11 Comprehensive overview of Chi Kung's theoretical background and more than fifty exercises for anyone, regardless of age or physical condition.

Meridian Qigong Exercises Jwing-Ming Yang 2017-02 "Each morning before getting out of bed, Dr. Yang practices a series of movements he has combined based on decades of experience. Follow along and learn how a unique combination of simple yoga stretches, qigong movements, and acupuncture techniques can relieve energy stagnation (aiding those suffering from insomnia, back pain and low energy) and rejuvenate your entire body. All the exercises can be performed lying down or sitting, if preferred. Meridian qigong will quickly improve your general health, helping you to heal and preventing injuries"--

Discovering the Nightingale Traci Borum 2021-09-14 Chelsea Barrett finally has her life under control. She recently moved back home to Chilton Crosse, finished her first year of teaching, and completed the renovations on her Nightingale Cottage. But the sudden appearance of Luka McKane stops her in her tracks. Luka is the vicar's rebellious son and Chelsea's first love from sixteen years ago—the one she never got out of her system, the one who still occasionally haunts her dreams. When Luka decides to stay in the village indefinitely, Chelsea makes the best of it by choosing to ignore their rocky past and start fresh with him, as friends. But when Chelsea and Luka begin inching closer together, the lines of their friendship blur, and they're forced to face their troubled past. Chelsea must decide whether loving Luka is worth the risk, a second time around.